TL 2103

Abé ho Aloz!
Sing for a Free East Timor:

Free EAST TIMOR

Write postage free: MP André Ouellet, External Affairs Minister and/or Prime Minister Jean Chrétien
HOUSE OF COMMONS, OTTAWA, ONTARIO, CANADA K1A 0A6
or write to: Abé ho Aloz @ Box 1302, Guelph, ON N1H 6N6
For more info: (519) 767-0313
"To Resist is to Win" - Xanana Gusmão

SOUNDS IN THE DISTANCE

VERSE: There was a time We would awake
To the sound of the flutes in the distance
We were at peace Our spirits sang
Bridge: Of a life harmonious with freedom
Our lives - So pure
VERSE: Now we are shaken Out of our sleep
To the sound of the guns in the distance
We live in fear Our spirits cry
Bridge: Of a life of battle and resistance
Our cries - Unheard
CHORUS: We will keep resisting
No matter what they do
Our wills cannot be broken
Bridge: Each day we are renewed
Our dreams are true
CHORUS/Bridge We are not through

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OH MATEBIAN (Tetum/English)

Oh Matebian (Soul of the dead) Oh Matebian (Soul of the dead)
Iha o nia tubun, nakonu ho mate isin
(On your top, full of bodies lay)

Sira rai, kahur ho we, maka suli
(Their blood, mixed with water, which is flowing)
Iha o nia mota oan ida
(In one of your streams)

Hau kuru we Abu hodi hemu
(I took the water) (For my drinking)
Hodi hakokak hau nia libertação
(For the embracing of my liberty)

© Music and Lyrics by: Abé ho Aloz,1983
Inspired and based on the poem - "I Drank Blood Water" by Abé

O HELE LA (Tetum)

CHORUS: O hele la.....(repeat)
O hele lele hele la.....(repeat entire CHORUS)

VERSE: Ema rihun hirak lerek mate tiha ona
(There has been thousands of people that have died)
Iha ita rain doben Timor Lorosae
(In our beloved homeland East Timor)
CHORUS
VERSE: Ita mesti foti matan hodi hare momos
(We have to open our eyes to see clearly)
susar maka kona ba ita hotu-hotu
(The tragedy that happened to all of us)
CHORUS
VERSE: Mai ita fo liman ba malu ona
(Come and lets give hands to each other)
atu hetan paz maka ita hotu buka
(To make peace that we all search for)
CHORUS
VERSE: Mai ita hari fali ita nia rain
(Come and we will rebuild our homeland)
bodik ita oan sira nia loron ikus
(For the future of our children)
CHORUS

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MATE KA MORIS (Tetum)

CHORUS: Mate ka moris ukun rasik an.....(repeat)
(LIFE OR DEATH...INDEPENDENCE)
Nee hau nia rain.....(repeat)
(This is my land)
rai Timor-Lorosae
(the land of East Timor)
VERSE: Hau nia bei sira fo hela mai hau
(My ancestors have given me)
rai rohan nee nudar riko soi ida
(this piece of land as an inheritance)
CHORUS
VERSE: Hau musti hakilar - Hau musti haklalak
(I have to shout - I have to cry out)
bainhira ema hadau hau nia rain
(when people take my land)
CHORUS
VERSE: Hau hakarak fo riko maka hau hetan
(I would like to offer the inheritance I have)
ba hau nia oan sira mak moris ikus
(to my children who will be born later)
CHORUS

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KALAN, KALAN (Tetum/English)

CHORUS: Kalan kalan ah kalan kalan
(Every night - every night)
tur mesak-mesak
(I sit alone)
Hau hanoin hau nia rain
(I think of my homeland)
rai Timo Lorosae
(the land of East Timor)
VERSE: Hau bolu-bolu hau bolu-bolu
(I call and call - I call and call)
ema ida mos be la hatan
(nobody answers)
Hau nia laran susar be susar
(my heart is so sad)
Hanoia Timor
(longing for TImor)
CHORUS
VERSE: Maun ho alin inan ho feton
(Brothers and sisters)
Kota lunturu tanis hanoin
(don't be sad and think of me)
Hau sei fila ita hamutuk
(I will come back, and we will be together)
Iha Timor
(in Timor)
CHORUS

East Timorese folk song

MAUN ALIN INAN FETON (Tetum)

CHORUS: Maun alin inan feton maka hau hadomi.....(repeat)
(Brothers and sisters whom I love)
Ita hamutuk nafatin meski ita hela ketak
(We always are together even though we live far away)
dok malu
(from each other)
VERSE: Ita sai hosi kaut
(We came out from the sack)
ida deit
(only one)
Kaut nebe ita nia inan aman
(The sack that our mother and father)
homan hela
(has made)
CHORUS
VERSE: Nudar husar talin kait
(Like an umbilical cord connects)
malu nafatin
(to each other always)
Ita la kotu meski sa mak atu mosu
(We are not separated no matter what will happen)
tan ba ita
(to us)
CHORUS

© Abé Barreto Soares, October 10, 1993

IN MEMORIAM • Santa Cruz

Santa Cruz...
12 November 1991
written in my memory...

Santa Cruz...
12 November 1991
You are a witness watching
Young leaves
falling down...
one by one.....

© Abé Barreto Soares, 1992

INA,INA,INA

CHORUS: Ina, Ina, Ina
Protect under your wing
Ina, Ina, Ina
For you this song I sing:
VERSE: I love you for your care
and cherish your great wisdom.
I love you for your patience
And carry your dreams in my soul.
VERSE: I've learned so much from you
From what you say and do
And in my life I'll practice
The ways you taught me to
CHORUS
VERSE: I know that you are with me
Although I'm far away
And I'll be flying to you
To be with you someday
CHORUS
CHORUS: Ina, Ina, Ina
As a mother loves a child
Ina, Ina, Ina
Yet a flower will grow wild

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I LOVE YOU MORE

VERSE: When the sun goes down
And the birds fly home
And the door is closed
And the darkness comes
I think of home
Far away
Remembering you
And what you say...
CHORUS: "I love you more...EVERYDAY"
"I love you more...THAN I CAN SAY"
"I love you more...IN EVERY WAY"
"Forever true...WE WILL STAY"
VERSE: As I drift to sleep
And the shadows form
And begin the dance
In the light of morn'
There'll be a time
For us to touch
And we will share
So very much
CHORUS

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O DOBEN (Tetum)

O doben, o doben turak
(O honey, o sweet honey)
husu boot ba Maromak hau sei fila
(Hope that I will come back)
O doben, o doben turak
(O honey, o sweet honey)
Iha Timor Lorosae nia laran
(In the whole area of East Timor)

Timor lorosae nia laran
(In the whole area of East Timor)
Doben mesak turak-turak deit
(There are sweet honeys)

Kaer liman ho neon metin-metin
(Let's hold our hands with a strong mind)
Katak ami hela ami liu lai
(That you will be left and we will go)

East Timorese folk song

JIWAKU, JIWAKU (Indonesian)

CHORUS: Jiwaku.....Jiwaku...merindukanmu, kampung halaman.
(My Spirit, my Spirit...longing for.....home.....)
Jiwaku.....Jiwaku...haus akan dirimu selalu.
(My Soul, my Soul...thirsts for...you...always.)
VERSE: Tubuhku tak bisa bersamamu disana
(My body cannot be with you there)
Tapi jiwaku selalu bersatu denganmu
(But my soul is always with you)
Tapi ini bukan kesatuan utuh
(But this is not a total unity)
Satu ketika ingin kukembali bersamamu
(One day I will return to you)
CHORUS
VERSE: Dimana dan kapanpun aku berada
(Where and whenever I am)
Bayangmu selalu saja datang padaku
(Your image always — comes to me)
Aku sedia merankuimu erat-erat
(I'm ready to hold you tightly)
Dengan hati yang penuh rasa kasih
(With a heart which is full feeling love)
CHORUS
VERSE: Dirimu 'kan aku mengukirnya selalu
(Yourself will I carve always)
Dalam puisi dan laguku penuh bangga
(In poetry and songs of mine full of pride)
Lalu aku akan coba alunkan
(Then I will try to chant)
Di atas pentas-pentas dimana-mana saja
(On the stages everywhere —)
CHORUS

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SEBARIS DOA (Indonesian)

Sebaris doa sulit kuucap
(A line of prayer is hard to utter)
Kuharap 'jiwaku yang penat' ini kau elus
(I hope 'my tierd spirit' this you touch)
Di atas pangkuan-Mu ingin aku rebahkan jiwaku
(On your lap I like to lay down my spirit)

CHORUS: Oh, oh, Tuhan!!! (2x)
(O.....GOD)
Oh, oh, oh, oh, oh, Tuhan!!! (2x)
(O.....GOD)

Aku percaya dalam pangkuan-Mu
(I believe in your lap)
Jiwaku 'kan masuk berbaring dalam damai
(My spirit will enter and rest in peace)
Sebab kehangatan-Mu selalu penuh kasih
(Because your warmth is always full of love)

CHORUS

Oh Tuhanku ingin kuucap
(O my God I like to utter)
T'rima kasihku pada-Mu selalu
(My thank you to you always)
Kar'na s'lalu saja Engkau dengar t'riakanku
(Because always — You listen to my cry)

CHORUS

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MINHA MAE TIMOR ESTA CHORANDO (Portuguese)
(MY MOTHER TIMOR IS CRYING)

VERSE: Timor como a mae que esta triste (2x)
(Timor is like a mother who is sad)
O rosto dela esta molhado
(Her cheek is wet)
Eu sei que ela esta chorando
(I know that she is crying)

CHORUS: La la la la la o la la
La la la la la o la la (2x)
La la la la la o la la hele le la

VERSE: Mesmo ela estando triste (2x)
(Even though she is sad)
Ela tem sempre esperança
(She always has hope)
No futuro dos seus filhinos
(For the future of her dear children)
CHORUS
VERSE: Eu como um filho desta mae (2x)
(As a son of this mother)
Quero secar as lagrimas dela
(I would like to dry her tears)
Como um gesto de amor eterno
(As a gesture of eternal love)

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TIMOR, TIMOR (Tetum)

VERSE: Timor Timor
(Timor, Timor)
O barus labes labes
(You suffer so much)
O nia matan ben
(Your tears)
maka suli la maran
(that keep flowing)
neu
(so much)
CHORUS: Ho kbit maka hau nia
(With capacity I have)
hau mos hakarak
(I also would like)
lo halenu ba ema ida
(to tell it the whole)
katak
(that you)
hatan paz no liberdade
(to enjoy peace and freedom)
VERSE: Timor Timor
(Timor, Timor)
hau la haluha o
(I do not forget you)
Hau sei hamaran
(I will dry)
o nia matan ben
(your tears)
mak suli
(which are flowing)
CHORUS

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AMI TIMOR OAN SIRA (Tetum)

Ami Timor oan sira nee
(We the children of East Timor)
Laran mesak kmanek-kmanek deit
(Ate happy)
Laran mos klamar mos
(with the pure heart and soul)
Leo buka rai seluk-seluk
(Wander to other lands)
Neon nakukun rai oan nee
(With no knowledge)
Aban bainrau sei nakloke be
(Our mind will be enlightned in days to come)
Inan aman diak liu
(You mother and father are better)
Neon malin ba ami lomak mos
(Have a trust to all of us)

East Timorese folk song

TIMOR LOROSAE (Tetum)

Timor Lorosae nia laran
(In the whole area of East Timor)
Nia rai-matan ida deit
(Is one land)
Nia ema-matan ida deit
(Is one people)
Nia rai-matan ida deit
(Is one land)
Nia ema-matan ida deit
(Is one people)

Timor Lorosae nia laran
(In the whole area of East Timor)
Nia rai-matan ida deit
(Is one land)
Nia ema-matan ida deit
(Is one people)
Nia rai-matan ida deit
(Is one land)
Nia ema-matan ida deit
(Is one people)

Timor Lorosae nia laran
(In the whole area of East Timor)
Nia rai-matan ida deit
(Is one land)
Nia ema-matan ida deit
(Is one people)
Nia rai-matan ida deit
(Is one land)
Nia ema-matan ida deit
(Is one people)

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AMNESTY

ou are the people – They long for your care
now the faces who are silenced
uch these captives – Heal their pain
rite to cease the torture
aving Rights' of human beings

d us to gain them dignity
hrough a system effective–Direct Action Collective
MNESTY
hrough the weight of attention–Direct Moral
ersuasion
MNESTY
ourage builds on our love

USTICE • SAVING • FREEDOM ••• AMNESTY

ou are the answer – Believing freedom lives
howing voices will be singing
howing we can heal the pain
e can be the difference
aving Rights' of human beings

You...With a system effective)
ith a system effective–Direct Action Collective
You...With the weight of attention)
ith the weight of attention– Direct Moral Persuasion
You...With an action collective)
ith courage built on our love

USTICE • SAVING • FREEDOM

Pride in humanity)
MNESTY
NITY
Pride in humanity)
MNESTY
IBERTY
Pride in humanity)
MNESTY
IGNITY
Pride in humanity)
MNESTY

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